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## STATEMENT OF MEDICAL CONDITION Pre-assessment requirements

It should be understood that industrial rope access courses, at all levels, involve a certain amount of physical and mental exertion. Certain medical conditions are a definite contra-indication to the safe and successful completion of industrial rope access courses.

Ideally, candidates should be in possession of an applicable full industrial medical certificate.

As a minimum, we require you to sign this form to show that you are historically free of the conditions listed below and, therefore, there is no reason that would exclude you from participation in a rope access course/assessment.

Failure to produce some form of medical certificate/signed statement will result in your certification being delayed, and exclusion from the course and assessment.

Principal contra-indications to working at height include the following:

- Heart disease / chest pain
- High blood pressure
- Epilepsy, fits, blackouts
- Fear of heights / Vertigo
- Giddiness / difficulty with balance
- Impaired limb function
- Alcohol or drug dependence
- Psychiatric illness / counselling
- Diabetes

If you do not have a medical certificate addressing these points, you should sign the following statement and bring it with you to the course.

"To the best of my knowledge I do not suffer from any mental or physical condition, including those mentioned above, which would interfere with my ability to work at height in a satisfactory and safe manner; or put myself or others at risk through my participation in rope access activities."

CANDIDATE'S NAME
SIGNATURE
DATE